

Meal Tracker Instructions

- 1- FIRST write down what you eat for a typical day. All the snacks, drinks, meals, etc. on the **MyPyramid Worksheet** under the first column where it says, 'Write Your Choices for Today', only you will write your choices for yesterday. Be sure to include EVERYTHING and approximate amounts.
- 2- Go to www.Mypyramid.gov
- 3- On the right side of the screen, scroll down below the Astronaut cartoon to where you see My Pyramid Tracker. Click on 'Go here'
- 4- Maximize the Screen
- 5- On the bottom of the screen under Assessment you'll see a box of food and next to it 'Assess Your Food Intake', click on that.
- 6- You will be asked for a User ID and Password, if you haven't done this yet, you'll need to go to the top where it says click here to register.
- 7- In the first box by User Id put your first name and part of your last name as one word. For example if my name was Sally Lakeridge, I'd write Sallylake.
- 8- In the next box by password, use your student id number.
Record your USERID: _____
- 9- Hit the Submit button.
- 10-Next you'll be asked your age, gender, height, weight. You must fill in ALL the boxes.
- 11-Hit 'Proceed to Food Intake' box.
- 12-On the left side of the screen next to the 'Search' button, enter in one of the foods you've eaten. Hit 'Search'. You will then be given a choice of foods to choose from, scroll through the list and find the one that best resembles what you've eaten. Hit the 'Add' button and it should then transfer to the right side of the screen.
- ***Sometimes it says "Error" or "Server is Busy". Just enter a different food and it starts working again. Be sure to add that food later on.
- 13-Go back to the left side of the screen and enter in the next food. Continue until all the foods you've eaten for one day are on the right side.
- 14-Next go to 'Select Quantity'. In this screen you must first 'Select Serving Size' for each food. (Hint: 1 cup = 1 Fist, Tennis Ball = $\frac{1}{2}$ cup, 5 stick gum pack is 2 oz. of cheese, palm of hand is serving of meat, fish and poultry)

15-Next you must fill in the number of serving sizes. For example if I choose serving size for blueberries as 1 cup and I only had $\frac{1}{2}$ cup, I will need to type in .5 in number of servings. You must do this for each food.

16-At the end hit the 'Save and Analyze' button.

17-You will need 3 reports. The first is in the box 'Meeting 2005 Dietary Guidelines DG'. At the bottom of that box hit Calculate DG Comparison. When you hit that it will bring you to a screen that asks if you want to maintain or change your weight. You want to Maintain and press GO. You should see smiley and sad faces. Print that screen.

*This report shows how well you did according to the dietary guidelines.

18-Hit the Back Arrow bottom twice at the top of the screen at the left side.

19-Next you will go to the next box down labeled 'Nutrient Intakes'. Hit the Calculate Nutrient Intakes from Foods, you should see lots of numbers. The first column is how much of each nutrient your body needs you got and the second column is what is recommended. Print that screen.

19-Hit the back arrow button once. Scroll down to the 3rd box labeled 'MyPyramid Recommendations'. Next hit the Calculate Pyramid Stats and you should see horizontal colored bars. This shows you which food groups you ate well in. Print that page.

20-You're done! . . . for now. Go back in a few months and do it again and see if you're eating better.